

TAC Masters Update Jan 2023

Happy New Year

Highlights from 2022

Kent Vets League. Women won the league and the Men were runners up by the narrowest of margins!!!



We have a number of British Masters Champions within our ranks

Nichola Evans 5k champion and selection for England masters at 5k and 10k.

Sasha Humphries W50 10 Mile Champion

Nina Ridge W45 Heptathlon Champion.

Mark McAllister M50 Decathlon champion.

Dan Bradley achieved selection for the England Masters XC team at the prestigious home international XC in Dublin.

Helen Gaunt was selected for England Masters at the Bristol 10k (35.41) and was fastest W40 at the London Marathon in 2.39.10 and 4th woman outside of elites.

Grazia Manzotti is the leading W50 race walker in the uk, holding national records and titles.

Ben Reynolds was also selected for the M55 English team at the home international and is still competitive at the top end of the M55 AG as he showed at the European Masters championships.

Ben Cole one of the leading athletes in the Senior men's team and running various TAC M35 records.

Neil McClements led the TAC Masters marathon times with a PB 2.28.37 at London We had a successful **Kent Vets XC champs** with 2 team golds, a silver and 2 bronze. Individual medals for Maria Heslop , Tina Oldershaw and Ben Reynolds.

There were numerous TAC masters records broken.

Our W45 team were 3rd at the **BMAF road relays**, with the M35 team 6th on their debut We hosted a very successful **BMAF XC champs** at Somerhill in March, where we won M35 team and were runners up in the W35 and W45 team. Elle Baker was 2nd W35 and Ben Cole 3rd M35, Tina Oldersaw 3rd W45.

Julian Rendall 30km multi terrain BMAF medalist

Antony Stevens has run miles and miles!!

Multiple track and field records from **Mark McAllister** and **Ian Crawley**

There were plenty of other impressive runs, throws and jumps in 2023 apologies for those I have missed.

Mark Hookway, Cathy Puxty and myself have been leading the way with pressure on the governing bodies to ensure fairness to women in the female category following our experience at the BMAF relays in April. A very long story, but in a nutshell the UKA and EA have failed to give any satisfactory assurance that they have a policy / rules regarding the fairness of female sport regarding the inclusion of what we suspected was a trans runner in the women's race. We are seeking to avoid officials and individuals facing further issues at local and national level by clear leadership from the NGB's.

BMAF Masters Road Relays

Due to take place on 20th May at Sutton Coldfield. This year it is well after the marathons in April. Each athlete runs 5km. M35 is a team of 6, W35 and M45 teams of 4 and all other teams of 3. We can enter more than 1 team in each age group.

We should be able to be competitive in all categories this year, but this does need commitment. Please put the date in your diary.

<https://bmaf.org.uk/fixtures/>



SCVAC Kent Evening Vets league dates

As Tonbridge will not be competing in the Southern league this year the 6 vets league meetings will provide the main league competition opportunity for TAC masters. We have 2 meetings at home this year.

5th May Sutcliffe Park
 26th May Dartford
 2nd June Tonbridge
 23rd June Norman Park
 7th July Tonbridge
 28th July Central Park

All Fridays starting by 6.45pm (some long throws may start 15 minutes earlier)

Men's Div1	Div2
Dartford AC	Medway and Maidstone AC
Tonbridge AC	Bexley AC
Blackheath and Bromley AC	Central Park AC
Cambridge Harriers AC	Sevenoaks AC
Bromley vets AC	Swanley / Eynsford composite
Paddock Wood AC	Ashford

Women's Div 1.	Div 2
Tonbridge AC	Paddock Wood AC
Dartford AC	Bromley Vets AC
Bexley AC	Sevenoaks AC
Blackheath and Bromley	Tonbridge AC B
Cambridge Harriers AC	Swanley / Eynsford Composite
Central Park AC	<i>Non scoring slot</i>

For those unfamiliar with this league. It provides a great opportunity to compete directly against your peer group with correct weights etc in a fun competitive club event. At each meeting there are two different track distances (eg 100m & 1500m) and a selection of 3 jumps/ throws, plus a relay event.

The categories are 35 yoa to 49, 50-59 and 60+ . On the track there are A & B runners for the W35 category, with just one for 50 and 60 categories. Points are scored for each place etc

There are two divisions in both Men's and Women's leagues with promotion and relegation. There is some non scoring allowed. At present we could do with a new distance runner in the W60 category, any sisters, Aunties, mothers !!!!

4x 400m relay teams from last year at Tonbridge



BMAF XC Champs Walsend , Newcastle

Saturday 18th March.

https://bmaf.org.uk/library/fixtures/2023/bmafxc2022_entry_form.pdf

We would like to see if we have interest to make up teams for this event that we hosted last year. Teams are 10 year age groups from 35 upwards, 3 or 4 per team.

We would organise car sharing, with an aim to leave on Friday evening at about 6.45pm, to stay the night about an hour short of Newcastle. Then return on Saturday after the race, breaking for a meal on the return journey. (£120 petrol / 4 in car = £30 each, plus hotel looking at the moment a £75 room or share (£37.50) , so approx. £70 or £105 total each plus food and race entry.

Please message if interested.

Quiz Night, Saturday 28th Jan

Get your entry in (individual or as a team of 6), bring your partners to meet the people you spend Tuesday and Thursday nights with!!!

**TAC
QUIZ
NIGHT**

Tease Your Brain &
Win a TAC title!

**Saturday
28th Jan**

Angel Indoor Bowls Club
Doors open at: 07:30pm
Quiz starts at: 08:00pm
8 rounds plus 2 Table rounds
10 Teams of 6
Enter a team of 6
or
As an individual and we can
create teams

£12.50
per person
Incl Buffet
dinner
+licenced bar

email mark@pkfamily.plus.com to enter
Entry and payment by 20th January